

SPINNING®

Sign Ups start 15
minutes prior to class
at front desk!

Spinning® Schedule

February 2018



Please bring towel and water

Tue**Wed****Thu****Fri****Sat**

				1 9:15AM Interval SPIN Chrissy	2 5:00AM Interval Ride Chrissy 5:30PM Happy Hour Tara Powell	3
4 9:00AM Express Spin Tar a Puitz	5 5:00AM Interval Ride No Class 5:30PM Power Hour Tara Puitz	6 5:30PM Interval Ride Tara Puitz	7 5:30PM Pump N Pedal Tara Powell	8 5:00AM Interval Ride No Class 9:15AM Interval SPIN No Class	9 5:30PM Happy Hour Chrissy	10
11 9:00AM Interval Spin Chrissy	12 5:30PM Power Hour Tara Puitz	13 5:00AM Interval Ride Chrissy 5:30PM Interval Ride Chrissy	14 5:00AM Interval Ride Chrissy	15 9:15AM Interval SPIN chrissy	16 5:30PM Happy Hour Chrissy	17
18 9:00AM Express Spin Tara Puitz	19 5:30PM Power Hour Tara Puitz	20 5:30PM Interval Ride Chrissy	21 5:00AM Interval Ride Chrissy	22 5:00AM Interval Ride Chrissy 9:15AM Interval SPIN chrissy	23 5:30PM Happy Hour Tara	24
25 9:00AM Interval Spin Chrissy	26 5:30PM Power Hour Tara Powell	27 5:00AM Interval Ride Chrissy 5:30PM Interval Ride Chrissy	28			